

Stay Healthy With An Adult Fitness Class Pass

Attend as many of the fitness classes on the calendar (see reverse) as you want For one low price when you buy an Adult Fitness Class Pass! You can buy one at any of the centers where classes are held or from the Adult Recreation office on Balch Street with a check or money order made payable to *City of Akron*.

Adults Under 65:	\$40 6 Month Pass	\$60 12 Month Pass
Adults 65 & Over:	\$30 6 Month Pass	\$45 12 Month Pass

Adult Fitness Class Passes Include These Classes:

Adult Tap Dancing Medium Impact
Dance Fitness Focused On Tap Dance
Bring Or Rent Tap Shoes

Aqua Boot Camp Low Impact
A Full Body Workout In The Water
Class Suspended Pending Pool Repair

Boot Camp Medium Impact
Cardio With Strength & Core Training
For Individuals At All Levels

Boxing Fusion Medium Impact
High Intensity No-Contact Boxing Fusion
With Cardio, Strength & Balance Work

Cardio Rhythms Medium Impact
Fun, High Energy Dance Cardio
No Classes in November

Chair Stretch & Meditation Low
Stretching With Meditation For Strength,
Flexibility & Relaxation In A Chair

Cycling Low Impact
An Intense Indoor Cycling Workout
On A Stationary Bike

Full Body Stretch Low Impact
Total Body Stretch For Everyone

Low Impact Cardio Low Impact
A Cardio Workout Perfect For
Beginners & Seniors

Pilates Low Impact
Resistance Work To Strengthen &
Lengthen Muscles & Improve Balance,
Flexibility & Posture - Bring A Yoga Mat

Step Aerobics High Impact
A High Energy Combo Of Step, Weights
& Ab Work For Sculpting & Stamina

Stretch & Flow Medium Impact
A Flowing Combo Of Stretch & Cardio
Bring A Yoga Mat

Walk Your Way To Fitness Low
A Gentle Total Body Workout Of
Dynamic Walking, Stretching & Weights

Zumba High Impact
Exciting & Up-Beat Dance-Fitness

Impact Levels indicate how much stress the activity involved puts on joints and musculoskeletal tissue. Low impact activities cause less stress, medium impact cause more and high impact the most. Remember low impact can be high intensity and provide a great workout.

Our instructors can help you modify movements in the high and medium impact classes to lower the stress on your body and joints. Just ask!

Zumba For Beginners Medium
Dance-Fitness Workouts Slowed Down &
Broken Down For Beginners Plus Toning
Bring Weights

Zumba Gold Low Impact
A Slower, Lower Impact Version Of
Zumba's Up-Beat Dance-Fitness

Other Classes Available

Several Community Centers have additional classes available for adults. Some classes have a cost, and some are free. Here's a sampling, but be sure to check out the schedule at your center!

Ballroom Dancing Low Impact
Lawton Street Community Center
Tuesday & Thursday 5:30PM

Line Dancing Low Impact
Lawton Street Community Center
Monday & Wednesday 10:00AM

Tai Chi For Older Adults Low Impact
Patterson Park Community Center
Monday & Tuesday 9:15AM

Monday

9:30AM

Low Impact Cardio
Northwest FR Center

11:00AM

Walk Your Way To
Fitness
Balch St Fitness Center

11:30AM

Low Impact Cardio
Lawton St Com Center

5:00PM

Pilates
CitiCenter Athletic Club

6:30PM

Pilates
Firestone Park Com Ctr

Tuesday

5:30AM

Cycling
CitiCenter Athletic Club

9:30AM

Zumba Gold
Northwest FR Center

1:00PM

Full Body Stretch
Lawton St Com Center

5:00PM

Zumba Gold
Balch St Fitness Center

6:00PM

Boxing Fusion
Ellet Com Center

6:30PM

Step Aerobics
Balch St Fitness Center

7:15PM

Pilates
Balch St Fitness Center

Wednesday

9:30AM

Low Impact Cardio
Northwest FR Center

10:00AM

Chair Stretch &
Meditation
Kenmore Com Center

11:00AM

Walk Your Way To
Fitness
Balch St Fitness Center

Thursday

5:30AM

Cycling
CitiCenter Athletic Club

9:00AM

Walk Your Way To
Fitness
Ellet Com Center

10:15AM

Zumba
Ellet Com Center

12:15PM

Pilates
CitiCenter Athletic Club

5:00PM (No Class Nov 16)

Zumba For Beginners
Ellet Com Center

6:15PM

Adult Tap Dancing
Northwest FR Center

6:30PM

Step Aerobics
Balch St Fitness Center

7:00PM

Stretch & Flow
Northwest FR Center

7:15PM

Pilates
Balch St Fitness

**All Classes Will Be
Canceled On Nov 23**

Friday

5:30AM

Cycling
CitiCenter Athletic Club

9:30AM

Zumba Gold
Northwest FR Center

11:00AM

Walk Your Way To
Fitness
Balch St Fitness Center

Saturday

10:00AM

Boot Camp
Balch St Fitness Center

11:00AM

Full Body Stretch
Balch St Fitness Center

Winter Weather Fitness Class Cancellation Policy

Morning fitness classes held in a Community Center will be canceled when Akron Public Schools are canceled. Classes after noon will be held unless otherwise stated on the Adult Recreation Facebook page. Fitness classes at Balch Street Fitness Center and CitiCenter Athletic Club will NOT be canceled due to bad weather regardless of the time of day.

If we have or are expected to have bad weather, check school closings and facebook.com/CityOfAkronAdultRecreation before going to class.

A complete list of Community and Fitness Center locations and phone numbers can be found in the Recreation Matters newsletter.